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Recipe: Inari-shushi and Maki-shushi



Recipe: Sushi

Inari-shushi and Maki-shushi

Inari-shushi (Vinegar Flavored Rice Wrapped In Fried Tofu)
 Maki shushi (Rooled Shushi)
 Thin deep-fried tofu cooked and flavored is made into a sack and stuffed with shushi rice. Maki-shushi is made by wrapping nori around a sushi rice roll with ingredients in the center. Both kinds of shushi are often prepared for picnic lunches.

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Preparation Time: 15-20 minutes

Approximate Cooking Time: 35-40 minutes

Serves: 4

Ingredients For Inari-shushi

Shushi rice

1 2/3 cups (320g) short-grain rice
 1 2/3 cups (400ml) water
 1 1/2 inch (4cm) long konbu

Vinegar dressing

3 tablespoons rice vinegar
 4 teaspoons sugar
 1 teaspoon salt
 10 sheets thin deep-fried tofu
 1 1/4 cups (300ml) dashi
 3 tablespoons sugar
 2 tablespoons soy sauce
 1 tablespoon mirin



1 Open the cut end to make a sack.

Cooking Instruction:



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- 1 Make shushi rice flavored with vinegar.
- 2 Tap fried tofu with side of knife. Cut in half and carefully open the cut end to make a sack (picture 1). Pour boiling water over the tofu to remove excess oil.
- 3 Mix dashi, sugar, soy sauce and mirin in saucepan and bring to a boil. Put tofu sacks in the boiling mixture and place a lid right on the tofu. Simmer until all liquid is absorbed.
- 4 Stuff shushi rice into tofu sacks 3/4 full. Fold the sack end to close and place in a serving dish with the folded side underneath.

Ingredients For Maki-shushi

Shushi rice

Vinegar dressing

6 dried Chinese black mushrooms, softened
1/2 ounce (15g) kampyo, boiled
1 cup (240 ml) dashi
2 1/2 tablespoons sugar
1/3 teaspoon salt
2 teaspoons soy sauce
5 ounces (140g) spinach, boiled
1/2 teaspoon soy sauce
3 eggs
1 tablespoon sugar
soy sauce
5 sheets toasted nori (dried laver)
5 sheets toasted nori (dried laver)



1 Spread out sushi rice. Leave some empty space at both ends.



2 Arrange ingredients.



3 Lifting the nearest end of makisu, fold over rice and ingredients and press.



4 Pulling the makisu end up, form rice into roll.

Cooking Instruction:

- 1 Make sushi rice flavored with vinegar.
- 2 To prepare ingredients for center of rolls:
Chinese black mushrooms and kampyo: cut mushrooms into thin

strips. Cook kampyo and mushrooms in dashi broth flavored with sugar, salt and soy sauce.

Spinach: sprinkle with soy sauce.

Egg: whisk egg and mix with sugar and a dash of soy sauce. Heat skillet, spread oil, pour in egg mixture and cook, making a 1/2 inch (1cm) thick piece. Cut into 1/2 inch wide strips.

3 Place nori on makisu (thin bamboo mat) with the shiny side down. Spread out 1/5 sushi rice on nori evenly, press lightly with fingers moistened in vinegar-water. Leave 1/2 inch space at near side and 1 inch (2.5 cm) space at far end (picture 2).

4 On top of sushi rice place 1/5 the volume of each of all ingredients (picture 3).

5 Lift the near end of makisu, fold over rice and ingredients and press. Pulling the makisu up and away from you to keep the nori from wrinkling, continue folding and make into a roll (pictures 4 & 5).

Adjust the shape of rolled rice and remove the roll from makisu. Push back protruding rice from both ends of roll into the roll.

6 Moving knife lightly, cut sushi roll, taking care not to squash it. After each cutting, knife should be wiped with wet cloth.

Inari-shushi and Maki-shushi



Photo Gallery

The unique orientation



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